

ABSTRACTS

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THE ISSUE OF DEVELOPING STUDENTS' MOTIVATION TO GET ENGAGED IN PHYSICAL CULTURE AND SPORTS

In the article, the analysis of scholarly and psychological sources is made on the issue of forming students' motivation to get engaged in physical culture. The approaches to understanding the essence of this construct, the functions and structure of motivation have been explored. The principal motives that encourage a person to engage in sporting activities have been determined.

The main factors that stimulate students' interest and motivation to be engaged in physical culture are considered. They are: the improvement of quality and content of physical culture classes; the pedagogical actions in relation to the rapprochement of subjective desires of students to the objective tasks of physical education; the improvement of equipment used in physical culture classes; meeting prominent sportsmen living in the city; popular lectures, etc.

Classes in physical culture are considered as a polymotivated activity with a hierarchy of school student's reasons to be engaged in them.

It was discovered that following the criterion of origin reasons can be divided into three groups: biogenic reasons which arise as a result of awareness of requirements in cognition and self-realization; sociogenic reasons which are formed in the process of expansion of experience; stimulating reasons that appear as the result of the pedagogical influence.

Key words: physical education, motive, need, motivation.